

 **72%**  
HEALTH SCORE

## Baked Tilapia With Tomatoes and Potatoes

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**40 min.**

SERVINGS



**4**

CALORIES



**380 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons capers drained
- 2 cups cherry tomatoes
- 3 teaspoons thyme leaves fresh chopped
- 3 cloves garlic smashed
- 0.3 cup kalamata olives pitted
- 4 servings kosher salt and pepper freshly ground
- 1.3 pounds new potatoes cut into 1/2-inch pieces
- 2 tablespoons olive oil extra-virgin

- 24 ounce tilapia fillets
- 0.3 cup citrus champagne vinegar

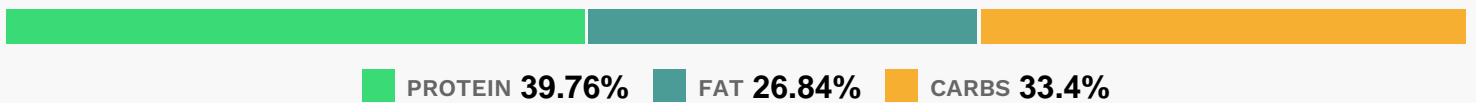
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat the oven to 400 degrees F. Toss the potatoes with 1 tablespoon olive oil, 1 teaspoon thyme, 1/4 teaspoon salt, and pepper to taste in a bowl. Coat a rimmed baking sheet with cooking spray; add the potatoes and spread in an even layer. Roast until browned and crisp, tossing halfway through, about 35 minutes.
- Meanwhile, toss the tomatoes, olives, capers and garlic with 1 teaspoon olive oil, 2 tablespoons vinegar and 1 teaspoon thyme in a bowl. Coat another baking sheet with cooking spray; add the tomato mixture and spread in an even layer. Roast until softened, 15 minutes.
- Mix the remaining 2 teaspoons olive oil and 1 teaspoon thyme, 2 tablespoons vinegar, 1/4 teaspoon salt, and pepper to taste in a bowl; brush on the fish.
- Place the fish on top of the roasted tomato mixture and return to the oven until just cooked through, about 10 minutes. Divide among plates and serve with the potatoes.

## Nutrition Facts



## Properties

Glycemic Index:52.19, Glycemic Load:19.76, Inflammation Score:-9, Nutrition Score:26.402608622675%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 6.4mg, Kaempferol: 6.4mg, Kaempferol: 6.4mg, Kaempferol: 6.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

## Nutrients (% of daily need)

Calories: 379.78kcal (18.99%), Fat: 11.46g (17.64%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 27.79g (10.11%), Sugar: 5.43g (6.03%), Cholesterol: 85.05mg (28.35%), Sodium: 545.65mg (23.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.21g (76.42%), Selenium: 72.34µg (103.35%), Vitamin C: 48.19mg (58.41%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 8.62mg (43.09%), Phosphorus: 399.62mg (39.96%), Vitamin B6: 0.79mg (39.46%), Potassium: 1314.12mg (37.55%), Vitamin D: 5.27µg (35.15%), Magnesium: 92.36mg (23.09%), Manganese: 0.45mg (22.3%), Copper: 0.38mg (19.05%), Folate: 75.1µg (18.78%), Iron: 3.13mg (17.38%), Fiber: 4.3g (17.21%), Vitamin E: 2.48mg (16.52%), Vitamin B1: 0.22mg (14.51%), Vitamin B5: 1.37mg (13.67%), Vitamin K: 12.51µg (11.92%), Vitamin B2: 0.18mg (10.86%), Vitamin A: 477.29IU (9.55%), Zinc: 1.16mg (7.73%), Calcium: 62.84mg (6.28%)